

## How Maintaining Your Health Can Improve Your Skin

You've tried them all: creams, ointments, and topical treatments. When we've done all we can to heal our skin's surface, it may be time to look within. Taking care of our health can improve our skin from the inside out. Oftentimes, our skin is an indicator of wellness. Acne, redness, and swelling can be reactions to poor diet, inflammation, stress, and a compromised immune system.

When our skin is acting up, our bodies use their resources to fight the source of skin issues. Looking for natural ways to improve skin? There are many natural ingredients that we can incorporate into our daily routine to boost our immune systems and promote healthy skin.

### Elderberry skin benefits

Elderberry is a fruit that is packed with antioxidants. Antioxidants help our cells repair themselves from damage and reduce inflammation; this can promote the healing of swollen or injured acne spots. Acne is often caused by bacteria or fungi. Elderberry has antibacterial and antifungal properties that can fight these microbes from within and reduce their presence on the skin.

### Echinacea benefits for your skin

Echinacea is a purple daisy-like flower that is widely known for its health benefits. Echinacea has been used as a remedy for cold and flu symptoms and used to stimulate immunity. Similar to elderberries, this flower has a wealth of healing properties: it is high in antioxidants, reduces inflammation, and is antibacterial. Echinacea has a soothing quality that can calm angry acne and rid the body of skin irritants.

### Propolis extract skin benefits

Propolis extract heals from the inside out. Produced by bees, this sap is anti-microbial, anti-fungal, anti-viral, and anti-inflammatory. By incorporating propolis into your daily routine, this extract cleanses the body of toxins that aggravate the skin. It also helps fight acne from the inside, as it supports the immune system in healing infection.

### How can I incorporate these ingredients into my diet?

Let's face it—elderberry, echinacea, and propolis are not common ingredients in typical meal and snack recipes. It is not recommended to eat raw elderberries, as they contain toxins like cyanide that can make you sick upon ingestion. Elderberries must be cooked and their seeds must be removed for safe consumption and to reap the benefits. Echinacea flowers are just that:

eating raw echinacea petals is safe, but not the most appetizing experience. And propolis comes in either extract form or in chunks that are safe to ingest, but again, this is not the most appetizing way to ingest it.

However, elderberries, echinacea, and propolis are often ingredients in natural health supplements and remedies. They are known for their soft, sweet flavors and are frequently grouped together into supplements and herbal teas due to having similar properties.

## Supplements

Taking supplements is a quick and easy way to incorporate a bunch of powerful ingredients. Which are the best skin supplements? Different combinations hold different health benefits. However, certain combinations really pack a punch.

[Fully Nutrition's Elderberry Gummy](#) is a supplement trifecta that includes all three ingredients: elderberry, echinacea, and propolis. It also contains Vitamin C—a tried and true immune booster and healer for the skin. With a delightful raspberry taste, the Elderberry gummy is vegan and naturally flavored. With all of these powerhouse ingredients, this gummy is loaded with immunity and skin benefits. Support your immune system and your skin with this all-natural addition to your daily nutrients.

## Tea

Drinking tea can be soothing and delicious; so why not maximize health benefits as well? There are many different tea flavors and combinations to choose from when it comes to herbal or medicinal options. Given their tasty flavors, elderberry and echinacea are common ingredients in wellness teas. Many brands have a specific “elderberry echinacea tea” flavor. Bee honey contains propolis, which you can put in your tea for some added sweetness and bonus health benefits.

## Conclusion

We all want fresh, youthful, glowing skin. However, our skin is the body's largest organ, so we must remember to treat it as such. There are simple ways to maintain our overall health that will reflect through our skin. Oftentimes, skin irritation or mild acne can be a reaction to what is going on *inside* our bodies.

Topical treatments can definitely be helpful, but tend to be reactionary: we put acne cream on our skin after stubborn pimples pop up. Many topical treatments are natural skin remedies: some contain elderberries, echinacea, and propolis to treat the skin. In addition to your skincare routine, be proactive and care for your health with natural healing ingredients. Elderberry, echinacea, and propolis are three powerful ingredients that both boost the immune system and

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promotes healthy skin. Add these ingredients to your diet through natural supplements—like [Fully Nutrition's Elderberry gummy](#)—and natural teas.